



DBH Evidence-Based Practices Fact Sheet

EBP Service: Child Parent Psychotherapy for Family Violence (CPP-FV)

Description	Child Parent Psychotherapy for Family Violence (CPP-FV) is a therapeutic intervention for young children with a history of trauma exposure or maltreatment and their caregivers. CPP-FV supports child development, restores the child-parent relationship and the overall feelings of safety, while reducing symptoms associated with the experience of trauma.		
Age & Delivery Setting	Ages range from 0-6 years old Delivery Setting: CPP-FV is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic		
Inclusionary Criteria	Child Victims or witnesses of: <ul style="list-style-type: none">• family violence• intimate partner violence• child physical abuse• child sexual abuse		
Exclusionary Criteria	Child: <ul style="list-style-type: none">• must have a trauma or maltreatment history• does not have a significant caregiver participating in treatment		
DBH/MCO Service	DBH & MCO		
Treatment Duration/Rate	Average length/number of sessions: 50 or approximately one year		
Provider Contact Information			
DBH PIECE Program 821 Howard Road, SE Washington, DC (202) 698-1838 Ward: 8 Insurance Accepted: AmeriHealth, Trusted/Beacon, Medstar-Value Option	Community Connections 650 Pennsylvania Ave, SE Washington, DC 20003 (202) 548-4885 Ward: 6 Insurance Accepted: AmeriHealth, Trusted/Beacon, HSCSN	Mary's Center 2333 Ontario Road, NW Washington, DC 20009 (202) 483-8319 Ward: 1 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options, HSCSN, Care First	Medstar Georgetown 2115 Wisconsin Avenue, NW Suite #200 Washington DC 20007 (202) 687-5086 Ward: 2 Insurance Accepted: Amerihealth, Bluecross/BlueShield, Carefirst, HSCSN

EBP Service: Parent Child Interaction Therapy (PCIT)

Description	PCIT is a supported treatment for young children who are experiencing extreme behavioral difficulties. It places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.		
Age & Delivery Setting	Ages range from 2-6 years old Delivery Setting: Outpatient Clinic		
Inclusionary Criteria	Child who exhibits: <ul style="list-style-type: none">• loss of temper• property destruction• stealing• fighting<ul style="list-style-type: none">• general difficulty playing appropriately• Child must live with one or both parents or in a stable foster homes• Children must be a resident or ward of the District of Columbia		
Exclusionary Criteria	Child is diagnosed with: <ul style="list-style-type: none">• Autism• Persistent Developmental Disorder (PDD)• exclusive ADHD• children whose parents have sexually abused their children (or convicted of such a crime) or who have an active investigation pending are not eligible for PCIT• parents with active substance abuse (should be referred for substance abuse treatment before being referred for PCIT)• parents with an IQ below 70		
DBH/MCO Service	MCO only		
Treatment Duration/Rate	Children and caregiver participate in a series of therapy sessions: approximately 25 to 30 sessions (6-7 months)		
Provider Contact Information			
DBH PIECE Program 821 Howard Road, SE Washington, DC (202) 698-1838 Ward: 8 Insurance Accepted: AmeriHealth, Trusted/Beacon, Medstar-Value Option	Community Connections 650 Pennsylvania Ave, SE Washington, DC 20003 (202) 548-4885 Ward: 6 Insurance Accepted: AmeriHealth, Trusted/Beacon, HSCSN	Mary's Center 2115 Ontario Road, NW Washington, DC 20009 (202) 483-8319 Ward: 1 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options, HSCSN, Care First	Medstar Georgetown 2115 Wisconsin NW Suite #200 Washington DC 20007 (202) 687-5086 Ward: 2 Insurance Accepted: Amerihealth,

			BlueCross/BlueShield, CareFirst, HSCSN
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EBP Service: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Description	TF-CBT is an intervention designed to help children, youth, and their parents overcome the negative effects of traumatic life events and address feelings.			
Age & Delivery Setting	Ages range from 3-18 years old. Delivery Setting: TF-CBT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic			
Inclusionary Criteria	Child/Youth, who have a history of at least one significant potentially traumatic event to include but not limited to: <ul style="list-style-type: none">• sexual assault• physical assault• witnessing serious violence in the home or community• unexpected traumatic death of a loved one• motor vehicle accident• dog attack• exposure to disasters• exposure to terrorist attacks• exposure to war trauma			
Exclusionary Criteria	Child/Youth: <ul style="list-style-type: none">• does not have a trauma history• does not have a significant mental health symptom(s) related to a traumatic event• has severe cognitive disabilities, autism spectrum disorder• has other difficulties that make it impossible for them to engage in cognitive therapy			
DBH/MCO Service	DBH & MCO			
Treatment Duration/Rate	Children participate in a series of approximately 16 to 24 therapy sessions (4-6 months)			
Provider Contact Information				
MD/DC Family Resource 903 Brightseat Road Landover, MD 20785 (301) 333-2980 Ward: n/a Insurance Accepted: Medicaid	Community Connections 650 Pennsylvania Ave, SE Washington, DC 20003 (202) 548-4885 Ward: 6 Insurance Accepted: AmeriHealth, Trusted/Beacon, HSCSN	Hillcrest Children & Family Center 915 Rhode Island Ave, NW Washington, DC 20001 (202) 232-6100 Ward: 6 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options, HSCSN	Latin American Youth Center 1419 Columbia Road, NW Washington, DC 20009 (202) 319-2225 Ward: 1 Accepted insurance: AmeriHealth Caritas DC Amerigroup, Trusted Health	Life Enhancement Services 1818 New York Ave, NE Suite 115 Washington, DC 20002 (202) 269-2401 Ward: 5 Insurance Accepted: DC Medicaid, Trust Health Plan, MedStar Family Choice (Amerigroup), AmeriHealth, HSCSN

EBP Service: Functional Family Therapy (FFT)

Description	FFT is a family focused intervention for at-risk and juvenile justice involved youth.
Age & Delivery Setting	Ages ranges from 11-18 Delivery Setting: FFT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic.
Inclusionary Criteria	Child/Youth and their families whose range of problems include but are not limited to: <ul style="list-style-type: none"> • acting out • conduct disorder • alcohol and/or substance abuse • limited access to resources • a range of diagnoses
Exclusionary Criteria	Child/Youth who is <ul style="list-style-type: none"> • actively suicidal • actively homicidal • actively psychotic without medication stabilization • Youth in respite or emergency care • Youth who will not be returning home within 30 days • Youth not living with permanent/long-term caregiver
DBH/MCO Service	DBH only
Treatment Duration/Rate	Families participate in a series of sessions over a 3-5 month treatment period
Provider Contact Information	
<p align="center">Parent & Adolescent Support Services (PASS) DC Department of Human Services--Family Services Administration 64 New York Ave, NE Washington, DC 20002 (202) 698-4334 Ward: 5 Insurance Accepted: n/a</p>	

EBP Service: Trauma Systems Therapy (TST)

Description	TST is a comprehensive model for treating traumatic stress in children and adolescents that adds to individually-based approaches by specifically addressing the child’s social environment and/or system of care. TST is designed to provide an integrated and highly coordinated system of services guided by the specific understanding of the nature of child traumatic stress. TST focuses on the interaction between the child’s difficulties regulating their emotions and the deficits within the child’s social environment.	
Age & Delivery Setting	Age ranges from 6-18 years old. Delivery Setting: TST is a planning approach that includes input from children’s homes, schools, community.	
Inclusionary Criteria	Child/Youth/Young Person has: <ul style="list-style-type: none">• been exposed to trauma• plausible trauma histories,• evidencing difficulty regulating• emotional and behavioral states• dysregulation being plausibly related to the trauma history• has stable housing or a plan to achieve stable housing in the community	
Exclusionary Criteria	Child/Youth/Young Person: TST is applicable to a wide range of populations and service settings. Therefore, exclusion criteria will be determined at the clinical discretion of the team at each provider site.	
DBH/MCO Service	DBH only	
Treatment Duration/Rate	Average length of stay 9-18 months	
Provider Contact Information		
Maryland Family Resources, Inc. 903 Brightseat Road Landover, MD 20785 (301) 333-2980 Ward: n/a Insurance Accepted: Medicaid		Hillcrest 915 Rhode Island Ave, NW Washington, DC 20001 (202) 232-6100 Ward: 6 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options, HSCSN

EBP Service: Transition to Independence Process (TIP)

Description	TIP is a practice model which prepares youth and young adults (ages 14-29) with emotional and behavioral challenges for the transition to adult roles by engaging them in their own futures planning while providing developmentally-appropriate supports. TIP involves youth/young adults, their families, and other key players in a process that facilitates movement towards greater self-sufficiency and successful achievement of their goals.			
Age & Delivery Setting	Age ranges: from 14-29 years Delivery Setting: TIP is delivered the in family’s natural environment-homes, schools, community.			
Inclusionary Criteria	Youth/ Young Person: <ul style="list-style-type: none">with Emotional and Behavioral difficult			
Exclusionary Criteria	Youth/ Young Person: <ul style="list-style-type: none">with no Emotional and Behavioral difficulty			
DBH/MCO Service	DBH only			
Treatment Duration/Rate	12 to 36 months			
Provider Contact Information				
MBI Services LLC 4130 Hunt Place, NE Washington, DC 20019 (202) 388-9202 Ward: 7 Insurance Accepted: Amerigroup District of Columbia, AmeriHealth DC Local, DC Medicaid Medicare, Medstar Trusted Health Plans Inc, Value Options	Life Enhancement Services 1818 New York Ave, NE Suite 115 Washington, DC 20002 (202) 269-2401 Ward: 5 Insurance Accepted: DC Medicaid, Trust Health Plan, MedStar Family Choice (Amerigroup), AmeriHealth, HSCSN	Community Connections 801 Penn. Ave, SE Washington DC 20003 (202) 548-4885 Ward: 6 Insurance Accepted: AmeriHealth, Trusted/Beacon, HSCSN	Parent & Adolescent Support Services (PASS) DC Department of Human Services-Family Services Administration 64 New York Ave, NE Washington, DC 20002 (202) 698-4334 Ward: 5 Insurance Accepted: n/a	Wayne Place, Bradley & Associates 121 Wayne Place, SE Washington DC 20032 (202) 450-1967 Ward: 5 Insurance Accepted: n/a

EBP Service: Multi-Systemic Therapy (MST)

Description	MST is an intensive community-based treatment for youth and their families with antisocial behaviors putting them at risk of out of home placement, who are living with or returning to a parent/caregiver with whom the youth has a long-term relationship and who is willing to participate in treatment. Emphasis is on empowering parents/caregivers to assist youth in making and sustaining change in individual, family, peer, and school systems.	
Age & Delivery Setting	Ages ranges from 12-17 Delivery Setting: MST is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic.	
Inclusionary Criteria	Child/Youth: <ul style="list-style-type: none">• has antisocial behaviors putting them at risk of out of home placement• is living with or returning to a parent/caregiver with whom the youth has a long-term relationship and who is willing to participate in treatment• must have an AXIS I diagnosis• must reside in the District or be living close to the District with District Medicaid active.• must be in the home within 30 days of admission	
Exclusionary Criteria	Child/Youth who <ul style="list-style-type: none">• has current active psychosis or autism diagnosis• has been in residential treatment longer than 12 months immediately prior to MST	
DBH/MCO Service	DBH only	
Treatment Duration/Rate	Families participate in an average of 3 weekly 60-90 minute sessions for 4-5 months	
Provider Contact Information		
MBI Services LLC 2041 Martin Luther King Jr. Ave, SE Suite 239 Washington, DC 20020 (202) 547-8450 Ward: 7 Insurance Accepted: Amerigroup District of Columbia, AmeriHealth DC Local, DC Medicaid Medicare, Medstar Trusted Health Plans Inc, Value Options		Life Changing Solutions 201 15th Street, SE Washington, DC 20003 (202) 846-6915 Ward: 6 Insurance Accepted: DC Medicaid, DC Local Dollars